



Table Garden for Seniors

Written By: Bertoa

TOOLS:

- [circular hand saw or table saw \(1\)](#)
- [cordless drill \(1\)](#)

PARTS:

- [5/8" plywood \(1\)](#)

SUMMARY

Gardening is great for seniors, but not when you have to bend over for a long time in the flower/vegetable garden. It's a strain for the blood vessels in the head and seniors become dizzy. So, why don't we bring up the flowerbed or veggybed to table level?

In this video I show an easy way to make a table garden from 1 piece of 4'x8' plywood. The cutting diagram can be downloaded as a PDF file below.

This project is most ideal for small-town gardens and balconies. Total cost: about 50 dollars/euros.

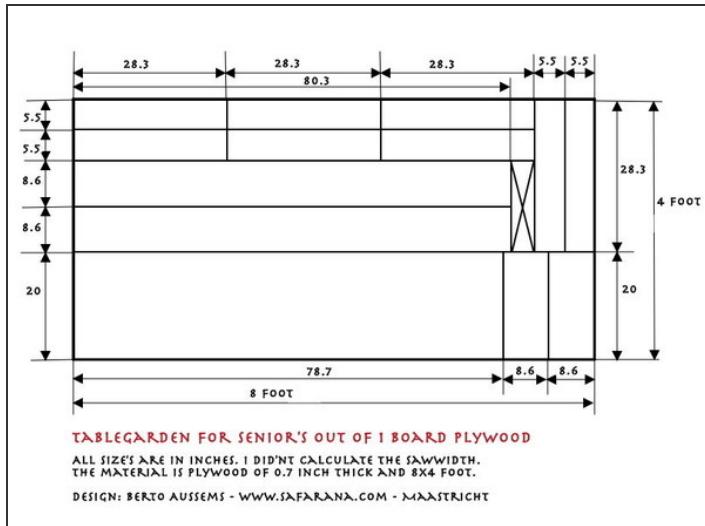
Some tips:

- Some plywood has a good and a bad side; keep the good side outside.
- Install the bottom of the container a bit higher than the bottom edge of the sides, so you get a drip flange.
- You can change the table's height by connecting the legs to the container at different

positions.

- You can put easily wheels under the table garden.

Step 1 — Table Garden for Seniors



- See drawing for details.

With the help of some chairs and a circular handsaw you can easily cut out the parts. Putting the table garden together is fun. Next, the gardening part.

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